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ABSTRACT

This booklet provides advice, collected from the experiences of students who have completed their freshman year, on how to prepare for and complete the first year of college. The booklet begins with suggestions on the types of things that the new student should consider packing, such as items for the dorm room, various school supplies, personal-care items, and other things that will make living in a dormitory away from home easier and more enjoyable. Next, numerous tips are given on commuting to school, handling roommates, doing laundry, and ideas on how to begin fitting into campus life. Finally, advice is provided on the types of resources available when help is needed, as well as tips on safety, managing money, getting started in extracurricular activities, and understanding the academic side of the new environment. (GLR)

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HOW TO SURVIVE

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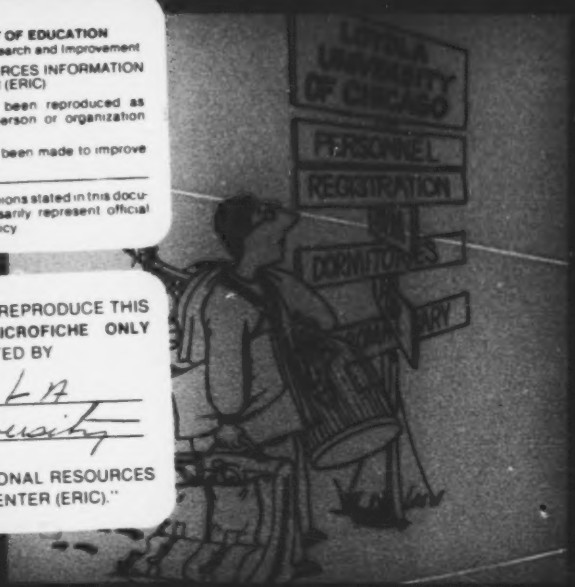

FRESH-MAN YEAR*

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HOW TO SURVIVE FRESHMAN YEAR

Tips From College Students Who've Been There

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Provided to you as a public service by Loyola University of Chicago.

You've thrown out the eight cubic yards of college recruiting pamphlets, excelled on the SAT and been accepted at the college of your choice. It's straight from the Ivys to Wall Street, enormous financial gain, happiness and fulfillment. OK . . . *some* college admitted you, and you hope to get through four years there. So now it's . . .

TIME TO GET READY

Remember the Boy Scouts when preparing for that first year away at college. "Be prepared!" Things usually cost more on or near campus, and you probably won't have a car to pick up whatever you need!

Don't Forget . . .

- **LOTS OF HANGERS!** Easy to overlook, until you begin unpacking. College residence halls don't supply them. We won't go into why. Let's just say you freshmen can be trusted only *so* far. Although they may multiply in the closets at home, hangers are an endangered species on every college campus. If your parents are staying at a nearby motel after driving you to school, raiding their room isn't the answer. Motel and hotel hangers are permanently attached to clothes poles.

  TIP: Inexpensive plastic ones are terrific for hanging damp clothes because they won't leave rust marks.

- **Rain and snow gear. . .** raincoat, umbrella, boots, gloves, hat, scarf. (Does not apply to hedonists whose chosen campus includes palm trees.)
- An **ample supply of underwear.** It may not seem glamorous when spending your clothes budget, but stock up. You'll probably only do laundry once a week (at best!).
- An **alarm clock or clock radio.** Part of residence life is getting yourself up in the morning, since there are no parents around to call you. If you are away at school, tune in to your new home town. Country boys will be amazed at big-city radio . . . and vice versa. It's all part of the scene.
- **All necessary papers.** This includes copies of your financial aid forms, registration materials, and personal identification such as your driver's license. A photocopy of your parents medical insurance card is something you should bring, but we hope will never need to use.

  TIP: Memorize your Social Security number. You'll be using it constantly the first few weeks.

- **Desk supplies.** Pens, pencils, sharpener, erasers, tape, scissors, paper clips, stapler, typing and notebook paper. . . as well as correction fluid or typewriter correcting tape! Also push pins or thumb tacks for your bulletin board.
- **Typewriter** or **computer/word processor,** if you have one . . . and don't forget those programs, guides, and extra disks. Most college bookstores sell computer paper in this technological age, so you needn't haul it from home.
- **Desk lamp.** Few residence halls provide adequate lighting for desk work.

  TIP: "I wish I had brought an extension cord for my lamp," said Eddie, a freshman from Nebraska. "My parents had to make several runs to different stores before we found one. Also, I wish I'd brought double-stick tape for hanging pictures in my room and for the memo board on my door."

- **Stationery,** envelopes, stamps and your updated address book.

- **Message board** for your door, so friends can leave notes when you're out.
- **Snack food.** Although you'll have your meals in the campus cafeteria or dining room, freshmen do not live by college food alone. In addition to those "care packages" from home, it helps to have certain quickie items on hand. Instant coffee or tea bags, hot chocolate mix, single-serving packs of cereal and soup-in-a-mug, popcorn, instant breakfast drink, and other easy-to-store things can keep you going between meals or on days when you can't make it to the dining room.

  Some dormitories have rules against food in the rooms. If your resident advisor points this out, do as freshmen have always done: say your roommate brought it in, and share it with the R.A.
- **Hot air popcorn popper.** The popcorn popper is a social magnet equivalent to the campfire. You will become popular, powerful, glamorous. You will be class president, prom queen. Wake up! Get back to packing.
- **First-Aid kit . . .** Aspirin, cold remedies, any medication you take, bandages, rubbing alcohol, etc., as well as your eye glass prescription and your family doctor's name and phone number.
- **Mending kit . . .** Needle, thread, scissors, straight pins, buttons, safety pins.
- A few **basic tools,** such as a scout knife, pliers, screwdriver. Saws, however, are viewed with great suspicion.
- **Blow dryer, curling iron, hot rollers.**
- **Economy-size shampoo and creme rinse.**
- **Contact lens solution, sterilizer, etc.**
- **Soap and a plastic soap dish.**
- **Shower cap.** While you may have been a dedicated tub-soaker at home, college usually doesn't allow for such luxury. Most residence halls provide shower rooms with several stalls and some don't have bathtubs at all. On the other hand, nearly all accredited colleges have indoor plumbing.
- **"John Bucket" . . .** a tote to carry bathroom essentials to and from the shower.
- **Bathroom essentials . . .** deodorant, razor and shaving kit, cosmetics, cologne or perfume, hair spray and mousse if you

use them, hand cream or body lotion, tweezers, dental floss, toothbrush, toothpaste, vitamins, and facial tissues.

TIP: "When my brother went to school there was always someone on the floor who brought all the odd things that most other people forgot," said Eddie. "When I was packing I decided I was going to be that person. Now *I'm* the one with the fingernail clippers!"

- **Linens . . .** two sets of sheets and towels, blankets and a pillow. Check with your residence hall for the proper sheet size.

  TIP: A quilt is great for extra duty as a bedspread.

- A **throw rug.** When was the last time you put your feet on a tile floor, the first thing in the morning, when it was five degrees below zero out? A rug will make your room cozier, since most residence hall rooms aren't carpeted.

- A **laundry basket or duffel bag,** laundry **detergent, fabric softener sheets** and **dry bleach,** along with a **foldable frame** for drying sweaters and **cold water soap** for washing them.

Everything Is Packed, But There Is A Little More Room . . .

- A **chair.** A director's chair is ideal: comfortable, easy to pack, store and pull out when friends drop by.

- Your favorite **stuffed animals.** Aww, c'mon. We know you love them. Not to worry, you won't have to take them out until you see everyone else's. And you will.

- **A few odd dishes, glasses, and pieces of silverware . . .** great for those late-night snacks or pizza parties. **Paper towels** and **dish detergent** will take care of clean-up.

  TIP: Taking the college's silverware and glasses from the dining hall could be hazardous to your college life. Collecting frozen food dishes and plastic fast-food forks is much safer.

  TIP: "I wish I'd brought my microwave, but I do plan on picking it up at Thanksgiving. The popcorn it makes tastes like 'movie popcorn,'" said Joe, a freshman biology/pre-med student from Ohio. *NOTE:* While microwaves could replace all other cooking appliances, better check to see if they are

allowed in your residence hall before bringing one. Most schools discourage their use.

TIP: Most schools also discourage students from bringing toaster ovens and electric skillets.

TIP: Some colleges rent small refrigerators to students either by the semester or by the year.

- A small **stereo, tape deck, or compact disk player,** along with your favorite records, tapes, or compact disks, although it doesn't make sense to bring something so big it requires a truck to move it.
- **Iron.** While some residence halls have irons, you may find that the person before you left it all sticky. A small travel iron can be very convenient.

  TIP: "I wish I'd brought a small vacuum cleaner. The floor vacuum hasn't seemed to work since I got here. I use an electric broom now," said Joshua, from Chicago.
- A **guitar. . .** or other portable instrument you might have. Live music creates parties!
- A **camera** and plenty of **film.** You'll want to take pictures of your friends, your dorm room, and activities on campus.
- **Posters or framed pictures,** along with the double-sided tape to hang them.
- **Sports equipment.** In addition to taking your tennis racket or softball, some students also ship their bikes to school for fall and spring use. Before taking yours, find out if there's a place to store it on campus.
- **Photo album,** small flower vase, potted plants, partridge in a pear tree.
- **Reference books . . .** a durable hardcover **dictionary,** a **thesaurus,** an **almanac/information book,** a **good book of quotations,** and a **term paper guide.**

In addition to standard supplies, there will be a few things you'll want to buy at your school bookstore: a sweatshirt, a school mug, and perhaps a wastebasket with the college logo on it. Part of the fun of starting college is getting a few things that declare proudly, "This is *my* school, and I'm part of it now!"

Remember, this won't be your last chance to collect everything you must have. Although it's comforting to set up your room in a

homey fashion as soon as you arrive, both your wardrobe and your campus home will have another opportunity to add some items soon. Most colleges and universities sponsor a "Parents' Weekend" a month or six weeks after the semester starts, so mom and dad can bring specific things with them when they come to visit.

> **TIP:** "Don't bring *everything* with you," recommended Eddie, "or you'll be bringing stuff home on every trip because your room is crammed and you can't move."

Now That You've Got It All, What Do You Pack It In?

In spite of everything the luggage ads say, this may not be the best time to invest in a gorgeous set of matching suitcases. Storing them can be a real nuisance in the standard, efficiency-size dorm room, although soft, collapsible luggage can be tucked away more easily.

If you're buying something to pack for school, why not consider a trunk? It holds a great deal and can be used as a coffee table in your room, giving you extra storage space for bulky sweaters and something on which to put a cup, a picture frame, or your feet.

Another practical possibility is the not quite chic, but highly squashable, duffel bag. It can do double duty as a sack for dirty laundry.

If you're coming by car or van, plastic milk crates are great for packing some items. Later they can be stacked and used for shelves in your room.

GETTING IT ALL FROM HERE TO THERE

Contrary to those cartoons showing 5,000 pieces of luggage and half a dozen family members squeezed into a compact car, there is a better way to get your stuff to school. This is where trunks or strong boxes come in handy: they can be shipped easily. Two options for shipping include the bus or U.P.S. Be sure to get any space or weight restrictions first.

Rates are usually reasonable on Amtrak too, so investigate the possibilities of shipping by train if both your college and home towns have railroad stations. Along with the cost, ask about train schedules. Some towns only have twice- or three-times-a-week service, so you'll have to consider that in your plans.

The cost may be a lot less than you think, and certainly will make that first trek to school more pleasant. (No matter how fond you may be of your stuffed animals, do you really want them on your lap for 300 miles?) Getting your skis or bike to school is a lot simpler when you don't have to tie them on the roof of the car. Some shippers provide boxes specifically designed to keep these things safe in transit.

By timing things right, you'll be able to send the bulky items off a few days before you leave for school, enjoy a comfortable trip, and let your family help move your baggage from the depot at school to your room before they head home. Timing is critical, since most colleges don't accept trunks prior to your arrival.

Don't ship items you'll need right away, though. That includes a set of sheets and towels, a pillow and blanket, some clothes, and important personal items. Toss in a lightweight jacket, sweater, bathing suit and some "decent" clothes for any special new-student events that might require dressing up, as well as a supply of jeans, shirts, underwear, robe, etc.

> **TIP:** Anything breakable ought to come with you too, rather than being banged around en route. And don't forget to bring your alarm clock!

Ideal items for shipping are the bulky ones or those you won't need for a while: your down jacket and ice skates, for example.

If you elect not to ship, there are other options:

> **TIP:** "We packed everything into a VW van," said Eddie, "including my bike and computer, and drove for nine hours to get here!"

> **TIP:** "My parents and I brought most of my things in our van," said Peggy, a freshman communication design major from Nebraska. "We shipped my reference books by U.P.S."

RESIDENCE HALL SURVIVAL

Roommates

At many schools, assignment of dorm roommates is done by random selection, so you may find yourself living with a total stranger. Most colleges will send you information on your roommate—name, address, and telephone number—in advance. Call or write your roommate to work out some specific details: who's bringing the stereo, the iron, and the popcorn popper, for instance, since you'll only need one of these to a room.You might also decide on a color scheme for quilts, etc., so you have a coordinated room (even if nothing matches the wall color).

Even for someone who's always shared a room with a sibling, the first few days with a college roommate can be difficult. You'll be discovering one another's habits and personalities, then finding ways to adjust so you'll both feel comfortable. There must be an unwritten law that a person who needs absolute silence in order to study is inevitably teamed with one who can't concentrate without loud rock as background music.

> **TIP:** "While he's not my roommate, the guy across the hall has an odd way of studying. He has to turn on the stereo so it's blasting rock music. . . He says he feels the vibrations and it helps him read. Every-

one on the floor knows when he's studying. We head for the study lounge or the library," said Eddie. "My own roommate and I get along pretty well. He chews tobacco, though, and I don't. It's okay as long as he keeps it off my desk."

After a few days, it's probably a good idea to sit down with your roommate and talk over how things are going. Although you may have a lengthy list of things about him/her that you don't care for, it can be a big surprise to learn that your roommate's got a similar list about you. This is an excellent time to see if you can compromise, as "compromise" and "flexibility" are key words in the initial adjustment to your new roommate.

TIP: "I am very conservative," said Joe, "and my roommate was quite a surprise! He has very full, wild hair and is an active socialist or Marxist. He has too many parties, but I just leave during those. He does study a lot though and only needs three hours of sleep."

TIP: "We have very different schedules," said Shannon, a Chicagoan, "but that makes things perfect. Each of us has the room to ourselves much of the time, since she's an early riser with early classes and I'm a late-night person."

TIP: "Be extra considerate of your roommate," said Eddie. "It's like a marriage—learn how to give and take."

If you find it's impossible to work out your differences, it's time to get some outside help. Perhaps your resident advisor or the housing office on your campus may be able to help. People in the counseling center are trained to mediate problems, and someone who is outside the immediate situation, yet eager to help establish peace and fairness, can often be of great assistance.

Remember that mixing of different people is one of the advantages of college life. Although you may feel it is symptomatic only of the deranged minions who control the housing office, there is a good reason for this practice. We often have a tendency to seek similar personalities when we choose our friends. This mixing, this learning, this expanding of horizons is the reason many colleges assign freshman roommates at random, rather than encouraging specific roommate requests.

So enjoy your roommate and his/her differences. That person may turn out to be the best friend you'll ever make! OK . . . if not the

best friend, at least a tolerable acquaintance. If not that, remove all incriminating evidence before notifying homicide.

Laundry

And now the dreaded laundry—the least attractive aspect of becoming an independent adult.

- **First, get lots of change**—absolutely essential for the washers and dryers. Few things are more infuriating than finding an empty machine, and coming up short of dimes and quarters. Start saving coins before you get to college.
- **Do your laundry in off-hours** when there isn't a demand for the machines.
- If you've never done laundry before, ask someone to run through the **"do's" and "don'ts"** before you leave home. Some pointers: wash darks, lights and whites separately. Dark colors run in hot water, so, the darker the color the cooler the water setting. Only whites should go in hot water. Read the labels in your clothes before you put any items into the machine. *Never* wash anything that says "Dry Clean Only." And if the label states clearly, "lay flat to dry," don't throw it into the dryer. Another rule of thumb: 100% cotton shrinks, especially in hot water. Dry, all-fabric bleach is the safest to use. Instead of liquid fabric softener, try the tear-off sheets that can be thrown into the dryer.

  TIP: "When I first came to college I didn't know how to do laundry," said Eddie. "I asked a friend and he told me to just throw everything into cold water. So I did. He said there was no need to separate except if something was new. My white socks started looking grungy and gray, though, so now I separate the colors."

  TIP: "A collapsible sweater-drying rack will come in handy, and keep your wet sweaters off the floor.

The "Freshman Ten"

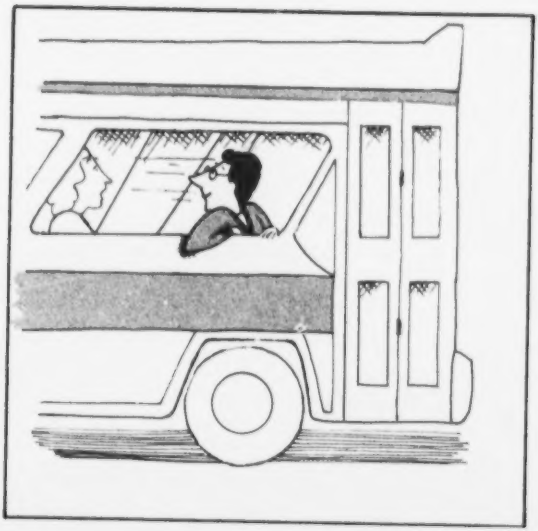
- You've probably heard of the "freshman ten," . . . the ten extra pounds many freshmen put on during the first semester. There *are* ways to avoid this. The residence hall usually serves full breakfast, lunch and dinner. Just because they *serve* them, however, doesn't mean you need to eat everything. Decide

which one *big* meal you will eat, and hold back on the others. Use fruits, vegetables and salads to fill up without filling out.

TIP: "I didn't gain those ten pounds because I really watch what I eat," said Joe. "I eat a lot of vegetables and salads and I don't eat fried foods or red meat. I also stay active by swimming and playing basketball."

TIP: I use the gymnasium and plan to take up aerobics if I begin to gain weight," said Shannon. "I think prevention is best. Also, instead of the 'freshman ten,' I think it should be the 'freshman fifteen,' . . . that's the amount of weight many people put on before doing something about it."

TIP: Don't keep junk food in your room. Low-calorie nibbles like unbuttered popcorn will help keep weight under control.



ESPECIALLY FOR COMMUTERS . . .

Urban campuses mean commuter students, a significant percentage of some college populations. Unlike resident students, you, the commuter, face the "getting from here to there" question every day. But instead of moving luggage, it's yourself you're transporting to campus.

That means logging large chunks of bus or train time. If you haven't already mastered the essential urban skill of reading on public transportation, you will now! Studying while moving is one way to use those hours to your advantage.

Travel Tips

- **Plan your route.** The campus may be in a part of town that's unfamiliar to you. Bus maps can be a big help, but nothing beats the experience of people who are familiar with the trip. Check with your parents and other students about the most direct, pleasant, and safest way to commute. Remember that the time required for a commute can depend on the time of day. Rush hour means frequent buses, fewer seats and more time for the trip. Until you've completely mastered the commuting schedule, it's best to allow extra time so you won't miss your first class.

- **Have alternate routes.** Sometimes things happen to eliminate your usual route. An accident or fire may stop your regular bus or train, so you'll need another way to get to campus. The route you normally travel may be fine in the daytime, but rather deserted after dark. If you're staying on campus for an evening event, you'll need to use a safer route home.
- **Coins, coins, coins.** Most big-city bus drivers don't carry change. In some towns, you have the exact fare or you don't ride. Tokens or passes are the best solution, and can save you a little money. A monthly pass minimizes the exact change hassle, and you don't have to think about the cost of each trip —you go where you want, when you want, without searching for nickels, dimes and quarters.
- **Commuter luggage.** Probably the best in this line is a backpack or big tote bag for all the books, notes and extras you need to survive a day on the road. However, boarding a crowded bus or elevator while wearing your backpack is a good way to create yet more urban stress. Sling it off and hold it low in consideration of your fellow sardines.
- **Commuter safety.** Commute with friends as much as possible. Safety in numbers is old advice, but it works and makes the trip more enjoyable. Try to travel during daylight. Dark corners, deserted rail platforms and empty buses can invite trouble.

  Develop your "sixth sense" and be aware of what is going on around you. Keep some distance between you and anyone who might be too "friendly." If someone bothers you on the bus or train, don't keep it a secret. Nothing discourages a transit pest faster than the loud announcement that you want to be left alone.

Fitting In

Although you don't have a residence hall "base" on campus, there are a number of places to get together with other students. Colleges have student lounges and recreation rooms. Many a friend has been made over the ping-pong table, or shooting a game of pool. Be sure to check out these gathering spots.

> **TIP:** "It's a good idea to have lunch in the student cafeteria, instead of going to a fast-food place," advised Claudette, a junior commuter student from Chicago. "The food may not be great, but it's an

opportunity to share a table with other students, get to know them, talk about your classes, or perhaps just complain about the menu together."

Get to know the location of bulletin boards with items of interest to students, and check them regularly. In addition to important official notices, you'll also find news of campus films, club meetings, dances, parties, and other social activities.

- **Student activities.** These may be even more important to a commuter student than to a resident. (See "Extracurricular Activities.") Involving yourself in clubs, organizations and sports will broaden your social network and give you that campus "base" where you know you fit right in. Moving from one class to another and heading for home will not produce the most fruitful college experience.

- **Rent a locker.** Most schools have them, and this will give you somewhere to stash your stuff, so you won't have to haul *everything* around with you all day.

- **Should you be so lucky. . .** You may have access to **a car.** The good news is freedom, status, flexibility. The bad news is parking. Many campuses must restrict parking privileges for freshmen because of the endemic lack of space. If you must park on the street, count on the extra 15 minutes to find a spot and walk the difference. Better make it 20 minutes.

  Parking is at a premium everywhere in urban America. Add up the cost of gas, parking fees and damage to your sanity and you may well get back on the bus as most people in Manhattan did years ago.

  If you can find reasonable parking and avoid rush hour traffic, a car gives you a base in which to keep all the extras you must otherwise tote around in your backpack. Just be sure to keep your stuff out of sight, and lock the car.

"HELP!"

"I get by with a little help from my friends," sang the Beatles many years ago.

That's always true, of course. Most of us depend on our friends and family, at least once in a while. Going off to college, being on our own for perhaps the first time, can cut us off from that support network of friends and family back home.

Fortunately, there will be a number of resources available to help you at college:

- Your **academic advisor** is there to assist you in planning your schedule. He/she will help you choose your classes and offer suggestions in balancing your workload.

  TIP: "It's important to work well with your advisor," Claudette said. "If the two of you don't get along, arrange for another advisor. You'll be doing a lot of work together over the college years."

  TIP: "My academic advisor was very helpful," said Peggy. "When I first came, I'd signed up for the wrong major. I thought 'communications' was in the fine arts department. My advisor set me straight, though, and now I'm a communication design major—what I should have been all along."

  TIP: The African-American, Hispanic, or international student advisor can be a big help too.

- **Older students** in your major are a great source of advice on choosing individual professors.
- The **Career Planning and Placement office** is not just for seniors. The office usually sponsors seminars on such topics as resume writing, interviewing skills, and job search techniques. It's also the place to check for part-time and summer job listings. Some job experience in your future field will look great on your resume later.
- In the **library,** you'll find help in your search for reference material, and tips on how to use the library most effectively. There may even be a "how to use the library" session offered to freshmen. If so, grab it—you'll be grateful you did when you begin to research term papers and do other reference work.
- Check with the **computer center** about mini-courses on the word processor, and see if there are hours when you're able to use their equipment. Revising term papers is much easier on the word processor.
- The **resident advisor** for your dorm area, as well as the housing office, are both there if you have roommate problems.
- The **counseling center** offers assistance in dealing with such difficulties as bouts of homesickness, test anxiety, or problems with friends or family. A counselor there will be glad to help you, so don't be embarrassed to ask. Most of the time, a little nudge in the right direction will enable you to move on easily. Tutoring help is also available there.

  TIP: "I have a friend who used the counseling center to work on his writing skills and he found it very helpful," said Joe.

  TIP: "I strongly recommend that new students get acquainted with the university's counseling center, and make use of it," said Dena, a junior commuter student from Chicago. "It's not just for people with personal problems, although it can help to talk those over with the counseling people. But the center also gives a great deal of help with tutoring, learning to schedule time and studies, and a lot of other things which will make life much smoother for any new student."
- The **student health service** is available for anything from routine examinations and medical advice to emergency care.

You can get a throat culture there, for instance, or be referred to a doctor if you need special attention. When you're away from home and your own family doctor, it's comforting to know qualified personnel can help you when you're ill or injured.

ALSO...SAFETY TIPS

- Be aware when walking on campus at night. Make a mental note of where security/emergency phones are located. Many colleges provide a night escort service.
- Walk on well lit, heavily trafficked streets as much as possible, even if it means walking a few blocks out of your way. When walking down a dark street, stay clear of bushes and doorways. Don't hesitate to cross the street if you see a person or group you would rather not deal with.
- Walk in a group whenever possible, and know the people you're with. Don't go off with strangers you just met at a party.
- Lock your room at night and whenever you're out. It's the easiest way to protect yourself and your belongings. Even though you feel comfortable with the people on your floor, there's no need to take chances.
- Take your VCR and other expensive equipment home, if possible, on breaks. Check to see if your parents' homeowners or tenants insurance policy covers your belongings for theft, or inquire about adding a rider to their policy.
- If you hear the fire alarm, leave the building *immediately*! You can find out later whether it was a fire drill, a prank, or a real alarm.

FISCAL FACTS OF FRESHMAN YEAR

Managing Money

During your first few days on campus, you may feel you're doing nothing but spending money. Buying textbooks, paying fees, picking up items you forgot to bring may make you feel like a cash register with feet. Although most of the "welcome, frosh!" campus activities are free, you'll want to go out for pizza with new friends. Even the soft drink machines need coin input. In college, as everywhere else, things cost money!

One of the most efficient ways to handle the outlay for books, supplies, and other school expenses is a checking account. But should you open one in your home town or in your campus town? Some students do both. The advantage of an account in your home town is that you'll be able to use it when you're home on vacation and after graduation too. Another plus is that your parents will be able to make deposits for you. The advantage of an account at a college town bank is that it sometimes makes it easier to cash checks near school. Talk it over with your parents and decide which would work best for you.

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TIP: "My parents only live about an hour away," said Joshua. "I have most of my money in a checking account there—most of it's what I made over the summer. I also work at school, so that gives me some additional spending money."

TIP: "I don't have a checking account," said Eddie. "My parents get all the bills. If I ever see anything 'official' in the mailbox, I just change the address and send it home. They send checks to me every week or two."

TIP: "I have a checking account at home and at school," said Joe. "Since I'm from out-of-state, it's easier to get a local check cashed here. I also have a 'Money Network' card. I don't have to call home regularly for money. I worked during the summer and that money is in my checking account."

TIP: "My checking account is in Omaha," said Peggy. "I wish it were here so I could put money into it. Some people use the 'Cash Station', but that would be too easy for me! I worked all summer and haven't had to ask for money yet."

TIP: "My parents live in the suburbs and that's where my checking account is," said Ron from Chicago. "I also have a credit card for emergencies."

If you've had a consumer education course in high school, you probably know the basics about checking accounts. If not, ask your parents or a bank clerk how to balance a checkbook and reconcile a bank statement.

- *Always* fill out your check register as soon as you write a check. There's nothing more miserable than not knowing how much money you have in your account until the bank statement comes.
- Do not write checks if you're not *sure* the money is in your account. Merchants turn surly when checks bounce and they fine you mercilessly.
- Learn to live on a budget. Determine what your realistic expenses will be and plan accordingly. Keep track of how you spend your money.

- Don't get into the habit of calling home once a week for more money. College is an opportunity to be responsibly independent, to become a mature adult, to do your own laundry.
- Find the nearest place where you can cash checks. Try to arrange to get a card for one of the automatic teller machines if there is a facility on or near your campus. Campus book stores will usually cash small checks for students.

Phone Tips: Cost-Efficient Ways Of Phoning Home

- If you need to make a lot of long distance phone calls, try to call during non-prime times. You will enjoy the money you save. Usually calls placed after 11 p.m. and before 7 a.m. are at the most reasonable rates. Saturday and Sunday day rates are also quite reasonable.
- Check into various long distance services to see which one meets your needs and has the best rates.
- Sundays are popular days to phone home. Work out an arrangement with your parents on how you should handle calls home. Calling collect can add up unless you give your folks your number, and have them call you right back. Using a telephone credit card makes calling easier.

  TIP: "I have a phone in my room and use a long distance discount service so I can call home directly," said Angie.

  TIP: "I use an 'AT&T' card. It's very expensive to reverse the charges when I call home, so I put the charges on my room phone," said Ron.

  TIP: "I don't have a phone in my room. I usually use pay phones and I always call collect," said Peggy.

EXTRACURRICULAR ACTIVITIES

Student activities are not only fun, but they develop your leadership skills. Should you join extracurricular activities or not? Which ones are for you? And how do you organize everything?

For a freshman, extracurricular activities offer the bonus of meeting a wide variety of new people quickly while pursuing mutual interests. During the opening weeks of class, organizations and clubs recruit new members.

Many new students are tempted to sign up for everything in sight, and soon find themselves with far more than they can handle. Their extracurricular life becomes a hassle rather than a pleasure. Take the time to choose your activities carefully. *Nobody* can do *everything*! The secret is to pick the two or three which interest you most.

> **TIP:** "Freshmen should concentrate on getting acquainted with the university and their studies during the first semester. They shouldn't join too many activities until they have begun to grasp the academic work," said Dena. "I believe a student should be wholeheartedly into the activities he or she joins, which means we can't take on too many, or the academics will suffer."

Choose a balanced selection of activities, combining an academic interest with a sport or cultural one. You'll be happier if you don't confine yourself to one area. One of your goals as a college student is to develop a well-rounded approach to life, both in and out of the classroom.

You may decide working on the campus paper or the literary magazine is for you. Maybe you'll want to join the chorus or the band. Or you might choose a sport. Most schools have something for everyone.

Some students face additional challenges if they come from different backgrounds than the "average" college student. Those from minority or ethnic backgrounds may feel the need for additional support, as they adjust to life in the university setting.

> **TIP:** "For a freshman, this is a big campus full of unfamiliar faces," said Claudette, an officer in the African-American Student Association. "Minority students can find it especially strange to be in classes with many different people. Foreign students often feel the same way. Joining a minority or ethnic organization can help them find reinforcement and a sense of identity. These groups often make adjustment to the diversity of college life a lot easier."

THE ACADEMIC SIDE

Once you get settled, it's time to think about the academic side of college life. During the first weeks of getting to know other students, selecting extracurricular activities, and developing a well-balanced set of interests, it's easy to lose sight of the academic reasons you came to college.

One of the keys to fitting everything in—and keeping up your grade-point average—is organization.

Keys To Organization

During your first week or two, the college may offer sessions on organization, study skills, or over-all planning. This can be a terrific help in getting started right.

One of the first items to buy, along with your textbooks, is some sort of planner/assignment book/schedule. It will give you a place to jot down not only your daily class assignments and weekly quizzes, but also longer-term projects like that 10-page English paper due the last week of the semester. It gives you a spot to note volleyball or tennis practice, the date of the foreign film sponsored by the French club, and the drama club meetings.

> **TIP:** "Most teachers use syllabi (course outlines) for their classes, with the semester's readings and assignments in them," said Bob, an honors program commuter student. "And most students lose at least one syllabus during the first week or two.

Take some time to write down all those assignments in a schedule or calendar at the start of the semester. . . and don't lose *it!*"

Once you've got everything down in your schedule, you can begin to use it for planning. You can break that English paper into segments, setting aside time to begin the research, start the writing, and make revisions. Taken piecemeal, the project is manageable. If you let it go until a few days before the due date, the rest of your courses and activities will suffer. You may end up 'pulling an all-nighter.' That may sound really macho, but it usually takes only one or two of those to learn the misery of concentrating on the finer points of the British royal succession at 4 a.m.

Having everything down on your schedule makes some decisions easier. When a group of friends wants you to join them for a movie, one glance at your planner will tell you whether or not you've got a history test the next day. It will remind you that's the same evening your volleyball team is practicing, or the biology club is having a party. When you know where you stand with your commitments, you can avoid the nagging "I ought to be somewhere else" feeling that can ruin your fun.

Experienced Students Offer Additional Academic Tips

TIP: "The best advice I can give to any freshman is to study hard, especially the first two semesters," said Jose, a junior. "You need to establish a good grade-point average. Then you won't have to spend the next several years trying to make up for an initially poor G.P.A., which is a terrible strain. It doesn't hurt to develop good study habits and get good grades from the beginning. Then you know you'll be able to keep it up as time passes."

TIP: "Don't be afraid to drop a class if it's too much for you," said Bob, a junior. "That's what drop dates are for. By the middle of the semester, if you find you can't handle a particular class, remember that a 'W' is better than a 'D' or an 'F'—and if it's a required course, you can take it another time. Just don't get into the *habit* of dropping."

TIP: "READ!" said Claudette. "Read the bulletin boards and keep up with what's going on. Read your mail, especially all the financial aid information. I know one student who didn't bother, and missed a deadline in returning a form that would have given her several hundred dollars in additional scholarships."

TIP: "Get the phone numbers of students in your class," Bob said. "Then you've got somebody to call if you miss a class or need to check something out. Teachers sometimes give out their own phone numbers, but it's too intimidating to call a teacher when you need to check something small."

TIP: "STUDY!" said Claudette. "Read the material for class. Keep up with it—it's easier than trying to catch up when you've fallen behind. If you've read the material, you can ask questions in class about points you don't understand."

TIP: "It's a good idea to take something with you to work on between classes, even if it's not due right away," said Bob. "Then when you have some time, you've got something productive to do with it."

TIP: "Get to know your professors and your dean," advised Claudette. "Then you've got somebody to go to if you need some assistance or have a problem. The dean can refer you to the person with the answers, and there's something great about walking down the hall and having the dean call you by name. You know, 'I'm *somebody* here!'"

In the chaos and confusion of preparing for college, considering a major field of study, and leaving the comfortable support network of family and friends for a new and demanding environment, there may come a time when you wonder if college life is really right for you. Angie felt that way as a high school senior.

TIP: "I didn't want to go to college, but my mother insisted that I try it for one year. Now I love it. I think people should give college a chance, instead of just deciding it isn't for them."

A FINAL TIP

"Save a lot of money. . . especially if you're going to live at school," said Peggy. "And do go away to school, if you can. Seeing people who don't go away. . . well, there's a big difference. They just don't change much."

You have finished the survival guide! That alone demonstrates that you show promise and may even make it through freshman year. Enjoy, enjoy, enjoy! You are beginning an adventure that will change your life. You will never forget it.

We hope you have enjoyed reading this booklet and have found it useful. While a number of personal tips from college students have been included, there's always room for more! After you have made it through your first semester, why not jot down your own tips and send them to us. We would enjoy learning of your personal experiences in adjusting to college life, and will include them in future editions. Just fill in the form below and mail to:

Loyola University of Chicago
Lewis Towers/Room 1510
820 N. Michigan Avenue
Chicago, IL 60611

Points I found helpful in "How To Survive Freshman Year": _____

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Things I would change: _____

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From my own experience, I would add the following tip(s): _____

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* *OPTIONAL* *

Name _____

Hometown address _____

City, State, Zip Code _____

School address _____

City, State, Zip Code _____

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School phone number (including area code): _____

Year in school: _____

Major: _____

School attending: _____

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